

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



Friendly Focus

Winter 2019

Stepping into the Holiday Season

It's that time of the year. Days are getting shorter, skies are getting gloomier and it's a chore to get around. It also looks as though we are settling in for early snow, and a lot of it! This is the time of year to make an active effort to cheer yourself up rather than to let gloom and doom send you into a pre-holiday tail spin. If you suffer from Seasonal Affective Disorder (you know, the effect of all the darkness and gloom), make sure you check out lighting that may help you manage better. Don't let the cold and the snow keep you from doing simple outdoor tasks, just be sure to dress appropriately, including a good pair of boots. Make time to visit with friends and family or encourage them to visit you. This is the time to take out your photo albums, your collection of loose photos or your scrapbook and update with the past summer's pictures. Make sure you put names and

dates on the back of your photos so that whoever inherits your treasure trove of memories, will know who the people in the pictures are. Saving pictures digitally allows you to send them along with informative notes to family and friends. Re-acquaint yourself with a hobby, get yourself ready for the holiday season, list things you need to do so that tasks don't get lost in the shuffle. Last, but not least, take the time to enjoy the season. The Friendly Focus always includes listings of special events across the Districts of Parry Sound and Muskoka including Santa Claus parades, Christmas bazaars and concerts. Be sure to put at least one fun item on that list and be determined to participate.

Wishing all of our readers a happy, healthy holiday season and a gentle but joyous step into 2020.



www.thefriends.on.ca

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It's Been a Busy Season at *The Friends!*



Hallowe'en Fun Parry Sound Muskoka Style



Muskoka Fall Fair Participants



The Arts Have it



Muskoka ADAP Gang Hits the Legion



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What We Do

The Friends is a non-profit charitable organization providing services to individuals with physical Disabilities, and seniors. In Muskoka and Parry Sound the organization has been serving the community for over 30 years. Some of the programs and services the agency provides: attendant care, adult day programs, caregiver support, respite, alzheimer overnight respite, P.A.T.H (Priority Assistance to Transition Home) from the hospital, post stroke, supportive housing, and 24/7 assisted living.

Contact us

Phone (705) 746.5102 27 Forest Street,
Parry Sound, ON P2A 2R2
info@thefriends.on.ca www.thefriends.on.ca

THE FRIENDS

Dignity • Teamwork
Innovation • Empowerment

The Friends newsletter can also be read online at
www.thefriends.on.ca

Send content or comments to
info@thefriends.on.ca

Supported by:



Ontario

North East Local Health
Integration Network

From the CEO's Desk

Hard to believe how quickly 2019 has vanished. With a New Year literally on our doorstep I am looking back over the past year and celebrating some of *The Friends'* accomplishments, some of which may seem pretty mundane, but only to those who have not lived the experience.

Bravo to all staff and tenants who battled the flea scourge. It took a massive amount of work to evacuate tenants, support them while their apartments were being treated and then return everyone to their home. It meant bags of wash, cleaning and preparing, working with tenants to ensure a seamless experience. I'm not sure the entire thing was "seamless" however, thanks to the work of staff, supervisors and managers, the whole thing went off with only a few hitches, in fact, the company treating the apartments was totally impressed by the preparatory work that had been done and were, as a result, finished in record time. A huge thank you to all staff who made this work.

Another big bravo to the senior team and supervisors who have been working through a change in the internal data systems we are using. This has meant learning about how to use a new digital platform, ensuring that information has been seamlessly transmitted from one platform to another and to work out the multitude of "kinks" that invariably result. I can't praise the work currently underway enough and am so very proud of the team for not only taking this on, but making it a success.

Every year *The Friends'* holds an All Staff meeting to provide enhanced education opportunities for staff. These events do not happen in a vacuum. Thanks to admin staff, Shelly Hazzard for making them seem effortless. Another big thank you to Gregg Taylor for his dry wit and informative presentation surrounding payroll/HR.

Managing complex programs in difficult times is a feat that has been routinely and effectively dealt with by the senior team. A big thank you to Linda Tiido and Kelly Sawyer for their expertise, wisdom and dedication.

One of the most thankless positions

in the organization is the Business Manager's position. Not only is she responsible for the ongoing financial health of the organization, she is also the point person for housing maintenance, safety and risk management and privacy. Although some aspects of her job are shared by the senior team, it never gets easier to deal with housing issues. Lola has always managed to keep her cool and to work with tenants to achieve the best possible outcomes. Thank you Lola for the work you do, and the way you make it all look so effortless.

In the changing landscape of health-care, it is sometimes difficult to be positive. The key to moving forward together is respect for one another, caring about the impact we have on the lives of those we serve and on the contribution we collectively make to the communities we live in.

Wishing Board members, staff, and clients a wonderful festive holiday and a fulfilling, healthy New Year.

Sincerely,
Marliese Gause
CEO

Holiday Reading List

Now's the time for a warm fire, a cup of hot chocolate and a really good book!

Blue Moon by Master of mystery/action/suspense, Lee Child – Jack Reacher's "good deed" goes awry

Lost Light by Michael Connolly, the latest Harry Bosch murder mystery

The Family Journal by Carolyn Brown – if you're looking for something warm and romantic,

single mom goes back to her roots

Moon of the Crusted Snow by Waubgeshig Rice – yes our very own Mr. Rice in a foray into Fantasy
Red Adam's Lady by Grace Ingram – for those who love historicals, this hard to get gem is now available digitally, and it is so worth it! The book itself is almost impossible to buy and if you find a copy, even a paperback version, prices can be very, very steep, ie \$80+

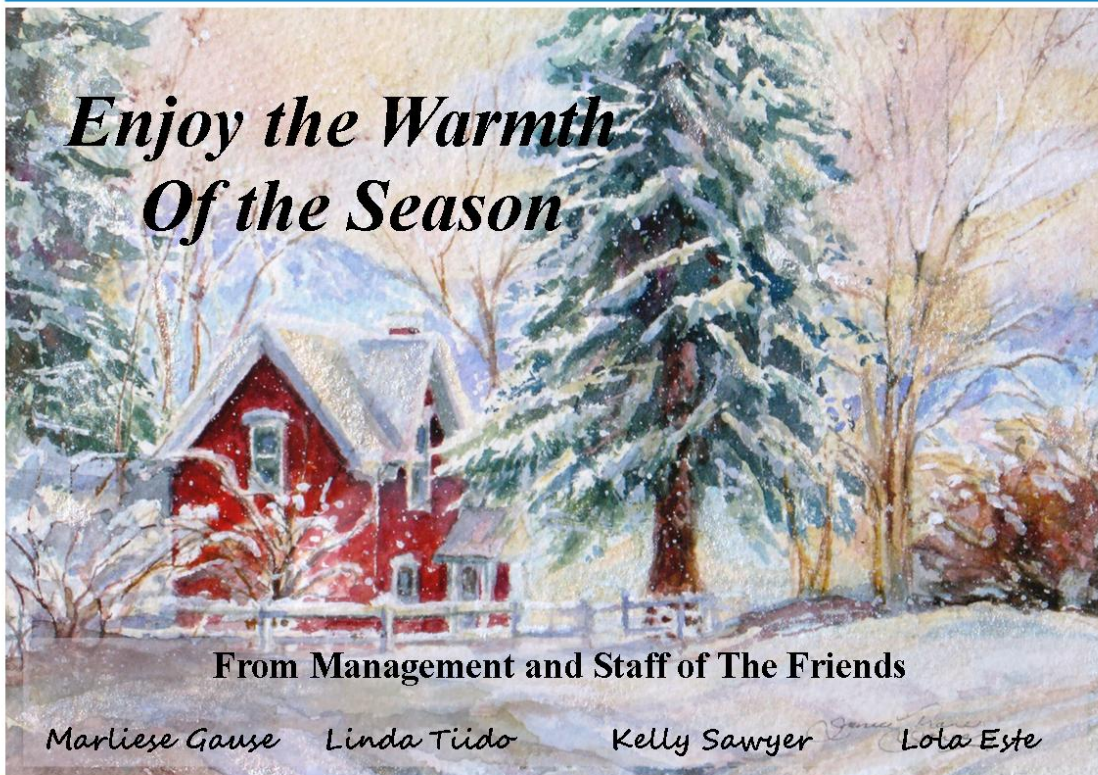
Mrs. Drew Plays Her Hand by Carla Kelly – a beautifully written, gentle Regency love story.

How to Prevent the Winter Blues

Dark short days of winter often bring with them feelings of sadness and may exacerbate depression. Here are some tips to help manage the winter blues.

- Increase your exposure to daylight by spending as much time outside as possible
- Do your Christmas shopping early to avoid the stress of heavy crowds and the reduced selection of gifts. When shopping it is also important to stay in your budget. Sometimes the best gifts are those with special meaning and not necessarily the most expensive ones.
- Stay active. Plan to spend the day with friends, have a special meal or enjoy a special activity. Consider volunteering in a hospital, nursing home or shelter for the homeless
- Keep a journal. When you can't find someone to talk with or don't feel comfortable sharing your feelings with another person, write them out. Journaling is a good opportunity to express yourself openly
- Gratitude – find 10 things in your life for which you are truly grateful yet have often taken for granted (ie pets, hot running water, shelter). Relish their availability to you, the convenience or pleasure they add to your life and say "thank you". Get rid of negative feelings by replacing them with positive, pleasurable actions

Life is full of challenges. Focus on the good things in life and it will become easier to take action, enhance or simply manage the difficulties you may face.



ACROSS THE DISTRICTS OF PARRY SOUND MUSKOKA

PARRY SOUND

December

:call PS Friendship Centre, 705.746.5970 for events

Sundays: 2:30pm-5:30, Senior's Euchre, McKellar Community Centre, 701 Hwy 124

Mon, Wed, Fri: 1-2:30, Seniors Walking Prog, YMCA, 36 Smith Crescent

Mon & Fri: 1-4pm, Bid Euchre, Seniors' Centre, 80 James
Mon 9:30 & Thu 9am-11, Pickle Ball, McDougall Rec Ctr, 148 Hamel Ave, McDougall (Winter: Pentecostal Church Basement)
Mon, Wed, Fri: 9:30, Pickle Ball, Pointe au Baril Comm Ctr, 70 S Shore

Mon, Thu, Fri: 9am-12, Billiards, Seniors' Centre, 80 James
Mondays: 10am, Aquafitness, Snrs Clb members free (746.7186) 20.00 ann. Grand Resort Tappattoo, 30 Tap. Tr
Tue & Thu: 9:30-12, Pickle Ball, Orrville Comm Ctr, 1207 Hwy 518

:**Tue 1pm, Thu 1:30,** Gentle Exercise, Community Support Services, 21 Belvedere Ave, Basement

Tuesdays: 1-3, Music Jam Session, Seniors' Centre

:1-4, Seniors Cards, Orrville Comm Ctr, 1207 Hwy 518

:1-4, Bridge, BOCC, 7 Mary St

:1-3, Tai Chi, Parry Sound Seniors, 80 James St

:3:30-6, Community Kitchen, Prep & Share 24 Mary St

:10:15-12, Pickle Ball, YMCA, 36 Smith Cres

:7pm-8:30, Georgian Bay Toastmasters, **wkly 2nd & 4th Tue**, WPSHC 6 Albert St second floor (room 2134)

:12-3pm, Used Clothing, St. James Ctr, 24 Mary St

:7-9pm, Badminton Club, Parry Sound High School Gym

:10am-12, Drop Ins for caregivers & persons living with Dementia, **Tue weekly**, Lakeland Power, 125 William

:1:30-3pm, Alzheimer Caregiver Support Group, **3rd Tue** Lakeland Power Building 125 William St (Respite Avail)

Wednesdays: 10:30am, Movement to Music, Parkinson's Support, Canadore College student lounge, 1 College Dr

:10am-12, Probuc Club, **4th Wed monthly**, 1 College Dr, Canadore College

:12:30-4, Srs cards, Humphrey Arena, 15 Humphrey Dr

:5-6, Harvest Share Community Dinner, 24 Mary St Bsmt

:4-5pm, Kid's Chess Club, PS Public Library, 29 Mary St

:1:30-4pm, Darts, Seniors' Centre, 80 James St

:10am, McKellar Srs Euchre, Comm Ctr, 701 Hwy 124

:5-9pm, Chess Knights (Adult), Public Library, 29 Mary St

Thursdays: 12-1pm, Hospitality Lunch, St James United Church, Free, All welcome, 24 Mary St

:10-4, McKellar Seniors Euchre, Comm Ctr, 701 Hwy 124

:10am-11, QI Gong, Community Support Services, Transportation is Free, Book 1 wk advance, 21 Belvedere Hts

:12:15-1, NamasTEA, Yoga and tea at the Parry Sound Public Library, 29 Mary St

:1-4pm, Cribbage, Seniors' Centre, 80 James St

:1-3pm, Floor Shuffleboard to Nov 28, BOCC, 7 Mary

Fridays: 7:30pm, Euchre Party, 439 Hurdville Rd @ Hall

:10am, Ping Pong/Table Tennis, Seniors' Ctr, 80 James

:1-4pm, **Euchre**, Srs' Ctr, 80 James, **Bid Euchre** 7pm

:10am, Tai Chi, McKellar Comm Ctr, 701 Hwy 124

:7pm, McKellar Movie Night, 1st & 3rd Fri, 701 Hwy 124, Community Centre, bring popcorn & friends

Saturdays: 1pm, Country Music, **every 3rd Sat**, Seniors' Ctr, 80 James, Buffet Lunch Included

:11-1, Public Skate, Humphrey Arena, 15 Humphrey Dr

Sat Dec 14: 8:30am, Soap Box Derby, William St hill

Sat Dec 21: 7:30pm, Riversong Choir & Whispering River Orchestra, MESSIAH, Charles W. Stockey Centre

January, February & March

See December for weekly & monthly events

Sat Dec 14: 8:30am, Soap Box Derby, William St hill

Fri Feb 14-16: Parry Sound Snowfest, Kinsmen Pk H 124

EAST PARRY SOUND

December

Saturdays: Euchre at the Dunchurch Legion **Every Sat @ 1:30-3:30 & Tue 7:30-9:30**, 2130 Balsam Rd

:5:30pm, Agricultural Society Bingo, **1st Sat Monthly**, Burk's Falls Arena, Crozier Room, 220 Centre St

Second Sat Monthly: 12:30-4pm, Jamboree, 3 bands to enjoy, Katrine Community Centre, 6 Browns Dr, Katrine

Mon, Wed & Fri: 10-11am, Walk Fit, Dunchurch Comm Ctr, 2199 H 124

Mondays: 1-3pm, Crafts & Cribbage, 7-9pm, Mixed darts, Sprucedale Srs Centre, 2609 Hwy 518W

:10:30-11:30, Nordic Pole Walking, Magnetawan Community Centre, 4304 N Sparks St

:4-Scrabble, 6pm-Bid Euchre, Powassan Library, 324 Clark St W, see www.powassanlibrary.com for events

:10-11, Yoga, South River Seniors, 11 Isabella

:11-12, 50+ Exercise, Tue & Thu, Magnetawan Comm Ctr., 4304 Hwy 520

:11:30am, CSS Diner's Club Meal, **3rd Tue monthly**, Dunchurch Comm Ctr, 2199 H124, Free Transportation

of groups may be poss, book 1 week in adv. 746.5602

:3:30-4:30, Knit & Crochet, Sundridge Library

Tuesdays: 1pm, Ladies Euchre, Dabber Bingo 7pm-9

weekly, Sprucedale Seniors' Centre, 2609 Hwy 518W

:1:30-3, Bring Your Own Crafts & or play Shuffleboard South River Srs, 11 Isabela

:1:30-3, Bid Euchre, Katrine Comm Ctr, 6 Browns Dr

:10am, Diner's Club, Dunchurch Comm Ctr. 2199 H124
 :1:30 –3, Bid Euchre, Katrine Comm Ctr, 6 Browns Dr
Wednesdays: 6-9pm, Emsdale Ag Soc Bingo, 32 Joseph
 :10-5, Sewing, South River Seniors, 11 Isabella
 :10am-noon, Pickleball, Magnetawan Community Centre, 1st, 3rd, and 4th Wed mth. 2nd Wed 6:30-8:30pm
Thursdays: 6pm, Bingo Bash, Every 1st and 3rd Thu at the Burk's Falls Legion, 9 Mary St
 :9:30am, Line Dance, S River Snrs, 11 Isabela
 :6:30-8pm, Alzheimer Education, **4th Thu mthly**, Powassan, Elm Room, 250 Clark St
 :7-9pm, Euchre, South River Seniors, 11 Isabella
Third Friday: 7pm-11, Coffee House—Blues, Rock, Country, Folk, Burk's Falls Legion, 9 Mary St
Fridays: 1-3pm, Chess Club, Powassan Library, 324 Clark St W
 :1:30pm, Euchre, Young at Heart Seniors Centre, **weekly**, 39 Copeland St, Burk's Falls

January, February & March

See December for weekly & monthly events

Sat & Sun Feb 8 & 9: Kearney Dog Sled Races 8 Main St

MUSKOKA

December

Mondays: 9:30-12, Free Drop In, Women's Resource Centre, every **Mon**, 1-29 Manitoba, Bracebridge
 :10am, Walking Club in Vankoughnet, **each Mon**, call Carolyn 705.645.9767, 1198 Vankoughnet Rd, Bracebridge
Tuesdays: 1pm, Book Club, **last Tue monthly**, Muskoka Lakes Public Library, 69 Joseph St, Port Carling
 :7pm, Yoga, Oakley Village Square, **every Tuesday**, 1198 Vankoughnet Rd, Bracebridge
 :12-1, Free Lunch, Trinity United, 290 Musk. Rd, Grvnh
 :7pm, Bracebridge Lion's Bingo, **1st Tue Monthly**, Rotary Ctr for Youth, Doors open 5:30, 131 Wellington
 :10-3, Sewing Circle, Gravenhurst Women's Centre, 270 Muskoka Road South
 :5:30, Bracebridge Lions Bingo, **1st Tue mthly**, 131 Wellington St
Wednesdays: 9:30am, Probus Club of S Muskoka, **1st Wed of mth**, Bracebridge Sportsplex, 110 Clearbrook Tr
 :12:00, Diner's Lunch Club, \$9.00, **every Wed**, must register day prior, 705.789.6421, Active Living Centre, 20 Park Dr, Huntsville. Call for Pickle Ball, Table Tennis, Bid Euchre, Bridge, Art Group, Travel Talks, Jam Sessions & Wood Carvers weekly schedules
 :1-3pm, **Wed wkly**, Drop Ins for caregivers & persons with Dementia, Knox Presbyterian 120 Taylor Rd, Bracebridge
 :1-3pm, **Wed wkly**, Drop Ins for caregivers & persons with Dementia, Trinity United Church 33 Main St E, Huntsville
 :9:30-11:30, Ladies Quilting, **every Wed**, Oakley

Village Square, 1198 Vankoughnet Rd, Bracebridge
Thursdays: 10-3, Knitting Circle, Gravenhurst Women's Centre, 270 Muskoka Road South
 :10-11:30, Alzheimer Caregiver Support Groups, **2nd Thu**, VON 34 EP Lee Dr back of the building (respite avail), Bracebridge
 :1:30-3, Alzheimer Caregiver Support Groups, **3rd Thu**, Granite Ridge Retirement Home, Gravenhurst (respite avail)
 :1:30-3, Alzheimer Caregiver Support Groups, **4th Thu**, Trinity United Church, 33 Main St E, Huntsville
 :5-7, Supper Club, FREE, All welcome, Anglican Church, 290 Muskoka Rd N, Gravenhurst
Fridays: 9am, Ladies Coffee Time, **1st Fri monthly**, Oakley Village Square, 1198 Vankoughnet Rd, Bracebr
Sat Dec 14: A Christmas Carol, Huntsville 374 Main St W
Sat Dec 21: 5-8pm, Portage Flyer Train Ride to Santa, 100 Forbes Hill Drive, Huntsville, \$5 per person

January, February & March

See December for weekly & monthly events

Sat & Sun Jan 4 & 5: 10-3pm, Zoo to You, Muskoka Discovery Centre, 275 Steamship Bay Rd, Gravenhurst
Sat Jan 25: Bracebridge Fire & Ice Festival, Feature: Great Canadian Lumberjack show, Downtown
Fri-Sun Mar 27-29: Muskoka Arts & Crafts Spring Members' Art Show, 15 King St, Bracebridge

Stopping by Woods on a Snowy Evening

by Robert Frost

Whose woods these are I think I know.
 His house is in the village though;
 He will not see me stopping here
 To watch his woods fill up with snow.

My little horse must think it queer
 To stop without a farmhouse near
 Between the woods and frozen lake
 The darkest evening of the year.

He gives his harness bells a shake
 To ask if there is some mistake.
 The only other sound's the sweep
 Of easy wind and downy flake.

The woods are lovely, dark and deep,
 But I have promises to keep,
 And miles to go before I sleep,
 And miles to go before I sleep.

De-Stress Yourself for the Holidays

Our fantasy: The firelight glows on the faces of our happy family as we relax with some eggnog. Scents of rare and wonderful foods drift through our perfect house. All quarrels are forgotten and there is peace on earth, at least in our little corner.

Our Reality: The shopping days go by and your list keeps getting longer. The in-laws are on their way. The house has to be cleaned, the silver polished, the decorations hung, the baking done. The kids are out of school and quarreling under foot. The holiday meals have to be planned, shopped for and prepared. And now little Johnny has a cold.

There are a lot of us who don't have a lot of enthusiasm for the Yuletide season. We feel dread, exhaustion, anxiety and isolation.

While science hasn't found a cure for the holiday blues there are some good coping strategies available to you.

- Set realistic goals. Keep expectations simple and manageable for yourself and others
- Make a budget and stick to it. Financial worries add more stress. Spend only what you can afford
- Don't load up on fats and sweets. There's nothing worse than being bloated and wired at the same time. If you eat sensibly, you'll be in a bet-

ter frame of mind

- Don't drink excessively, alcohol is a known depressant
- Remember that the holidays are more than one day. Pace yourself
- Try to stay in the present. Look forward to the future. Life is full of challenges. Consider what is important in your life and good about these times
- Organize your time. Make a list and prioritize
- Remember that the holiday season doesn't banish reasons for feeling sad or lonely. There is room for these feelings to be present and it's OK to feel them despite all of the faux cheer surrounding you
- Spend time with supportive and caring people
- Save time for yourself. Recharge your batteries
- Don't make resolutions now. There's too much pressure this time of year
- And lastly, RELAX. Take a deep breath. Take time to rejoice in the little things: the smell of bread baking, the sound of a fire crackling, the sight of a piece of broccoli wedged between your stuck up cousin's teeth

Best wishes for a wonderful, healthy and safe holiday season

Great Food Blogs

Cooking can sometimes be a bore, especially when you're cooking for only one or two. Maybe it's time to visit some wonderful food blogs to get re-invigorated.

I personally enjoy Deb Perlman's *Smitten Kitchen*. Her recipes are mouth-wateringly good and relatively simple to put together. Look for www.smittenkitchen.com and

enjoy a treasure trove of recipes. Think local and look up Jennifer at www.seasonsuppers.com. Jennifer lives, works and blogs from her home base in Muskoka. I just love the fact that she references local events, farms and products. Yay, Jennifer. Oh, and by the way, her recipes rock. Love gorgeous pictures? Check out www.thepioneerwoman.com

cooking not only for great home style cooking, but for absolutely fabulous pictures. For those of you cooking for only one or two, try www.onedishkitchen.com a goldmine of recipes scaled down for easy meal prep. The Food Network is also a great place to search for recipes, it's so great it's almost overwhelming. Despite it's glossy web presence, it lacks the personal

Continued Pg 9

All Staff at Mark O'Meara 2019

The 2019 All Staff was a wonderful opportunity for staff to get together from all corners of the large geography we serve. It is always a pleasure to honour staff achievements and enjoy company. This year we are proud to celebrate both **Theresa Michell & Fran Jokela** on their 20th year.

A big thank you to **Gregg Taylor, Shelly Hazzard** and the senior team, **Lola Este, Kelly Sawyer** and **Linda Tiido** for their work in making this day such a positive one. The All Staff also provides an opportunity for enhancing education and this year was no exception, with the feature presentation of "Compassion Fatigue" provided by OCSA's **Lynelle Hamilton**. This workshop provided invaluable insight and strategies in managing the stresses and strains of work day issues.

Looking forward to next year's get-together!



Great Food—Continued from Pg 8
touch that Deb Perlman, Jennifer and Ree Drummond bring to their sites.

Most of my reading is now on a digital platform, but cookbooks and/or picture books (ie travel) are still on my "buy the hardback version" list. There is nothing like planting a cookbook on your kitchen counter. The pages won't disappear because you took too long, you won't be smearing the glass/

plastic surface of your IPAD or computer, all you have to do is turn the page when you're ready. And, that book looks really nice on your shelf. Here are some of my favourite cookbooks:

One-Dish Meals by *Jean Pare*
Mennonite Girls Can Cook by *Lovella Schellenberg*
Firehouse Chef: Favourite Recipes from Canada's Firefighters Paperback by *Patrick Mathieu*



Let Christmas not become a thing
 Merely of merchants trafficking
 Of tinsel, bell and holly wreath
 And surface pleasure, but beneath,
 The childish glamour, let us find,

Nourishment for heart and mind,
 Let us follow kinder ways
 Through our teaming human maze
 And help the age of peace to come

~ Anonymous

Resources

Eastholme Community Support Services

(Congregate Dining/Meals on Wheels/Volunteer Transportation) epscssp@ontera.net
 705.724.6028 1.888.521.0000 www.eastholme.ca

West Parry Sound District

Community Support Services (Congregate Dining/Meals on Wheels/Volunteer Transportation)
 705.746.5602 1.800.883.0058 belvedereheights.com
 aholloway@belvedereheights.com

NE Home & Community Care

705.746.4602 1.800.440.6762
 www.healthcareathome.ca/northeast

North Simcoe Muskoka

Home & Community Care

705.721.8010 Ext. 6100 Toll Free: 1.888.721.2222 Ex 6100 www.healthcareathome.ca/nsm

Alzheimer Society

1.800.605.2075

Port Loring (Meals on Wheels & Volunteer Transport)
 705.757.2530

Muskoka/Parry Sound Mental Health Services

www.mpscmhs.on.ca
 Bracebridge: 705.645.2262 Fax 705.645.7473
 Huntsville: 705.789.8891 Fax: 705.789.3002
 Parry Sound: 705.746.4264; Fax: 705.746.1537 Toll Free: 1.866.829.7049

Crisis Lines:

Muskoka and area: 1.888.893.8333
 Parry Sound and area, incl. Sundridge: 1.800.461.5424

Ontario Renovates, District of Muskoka – Assistance for Accessibility Modifications 1.800.461.4210

Simcoe Muskoka District Health Unit – flu clinics/health information 1.877.721.7520

Walk in Clinic Bracebridge Medical Ctr. 705.646.7634

Scams and Frauds – Crime Stoppers – 1.800.222.8477

Senior's Programs & Services Muskoka

705.645.2100 ext.199

McConnell Foundation Muskoka – Financial Assistance for eye glasses/assistive devices/dentures/dental 705.645.2412

Muskoka Senior's (Meals on Wheels, Transportation (Huntsville and area), Congregate dining) 705.789.6676

Red Cross - Transportation (South Muskoka) 705.721.3313 ext. 5602

Elder Abuse – Senior's Safety Line – call if you are being mistreated, bullied or neglected 1.888.299.1011

Assistive Device Exchange A.D.E. – Data base of devices for sale or free www.Assistivedeviceexchange.com



TRIVIA

People once believed that:

- It was good luck for the first person up on Christmas Day to open a door and “let Christmas in”
- Bells placed near a baby or small child would keep evil spirits away
- The number of days between the first snowfall and Christmas told how many snowfalls would come before spring
- A cricket chirping at Christmas brought good luck (obviously somewhere without snow.....)
- Sparks from a yule log would create warmth in human souls
- A candle left burning all night in an empty room on Christmas eve would bring light, warmth and plenty all year



Bill of Rights

Courtesy, Respect and Freedom from Abuse. A person receiving a community service has the right to be dealt with by the service provider in a courteous and respectful manner and to be free from mental, physical and financial abuse by the service provider.

Privacy and Freedom to Make Your Own Decisions. A person receiving community service has a right to be dealt with by the service provider in a manner that respects the person's dignity and privacy and that promotes the person's autonomy.

Being an Individual. A person receiving community service has a right to be dealt with by the service provider in a manner that recognizes that persons' needs and preferences, including preference based on ethnic, spiritual, linguistic, familial and cultural factors.

Information and Answers. A person receiving community service has a right to information about the community services provided to him or her and to be told who will be providing the community services.

Participation in Their Care Decisions. A person applying to community services has a right to participate in the service provider's assessment of his or her requirements and a person who is determined under this Act to be eligible for a community service has the right to participate in the service provider's development of the person's plan of service, the service provider's review of the person's requirements and the service provider's evaluation and revision of the person's plan of service.

Control and Consent. A person has the right to refuse consent to provision of any community service.

Freedom to Speak Out. A person receiving community service has a right to raise concerns or recommend changes in connection with the community service provided to him or her in connection with policies and decisions that affect his or her interests to the service provider, government officials or any other person without fear of interference, coercion, discrimination or reprisal.

Knowing the Rules. A person receiving community service has the right to be informed of the laws, rules and policies affecting the operation of the service provider and to be informed in writing of the procedures for initiating complaints about the service provider.

Confidentiality. A person receiving community service has the right to have his or her records kept confidential in accordance with the law.

THE FRIENDS

DIGNITY • TEAMWORK • INNOVATION • EMPOWERMENT



FRIENDLY FEEDBACK

Please fill out the following and return it to the address below

- ☐ I would like to receive a copy of The Friends' newsletter.
- annual subscription fee \$7
- ☐ I would like to receive more information about the Friends' programs.
- ☐ I am interested in becoming a volunteer.
- ☐ I would like to make a contribution in the amount of \$
to support the ongoing work of The Friends.
- ☐ I would like to make a donation to the Gravenhurst Building project.

You can now donate online. Click on the Canada Helps logo on our website
www.thefriends.on.ca

Name: _____

Mailing address: _____

Telephone number: _____ Email: _____

Return to:

The Friends • 27 Forest St • Parry Sound
Ontario • P2A 2R2 • 1.888.746.5102
info@thefriends.on.ca